

# SPRING 2024

## LIFE COACHING LAUNCH

### WHAT IS LIFE COACHING?

Life coaching helps you set goals for personal growth and develop awareness of patterns of behavior with positive support. Life coaching with Neuro Linguistic Programming (NLP) tools allow for changes in beliefs, learning of communication skills with both self and others, and creation of resourceful emotional states. NLP means information collected with our senses (neuro), the language of our nonverbal systems (linguistic), and the patterns in our mind (programming).

### POWER OF THE SUBCONSCIOUS

The subconscious mind is powerful. It cares about our survival and does its best to keep us alive. The subconscious runs the programs of our lives and behaviors. Changing unconscious programs can change our emotional experiences, body systems including the cardio-respiratory system, and energy levels. Neuro Linguistic Programming (NLP) tools allow for support and personal growth even within deep subconscious patterns.

### MY LIFE COACHING TRAINING

I completed my certification in Life Coaching with a Neuro Linguistic Programming (NLP) practitioner specialty in 2023. Life Coaching with NLP operates with a unique set of presuppositions. A couple of my favorite presuppositions include that everyone is unique with a view of the world to be respected and that everyone is doing the best they can with the resource they have. I believe that you are unique with a unique set of experiences to be appreciated and respected. As you create more resources for yourself, you can open yourself to new possibilities.

*"Linda's systems were simple and reliable. Linda's smile, energy, and positive outlook were welcoming and inviting."*

LindaPaden.com

### ONLINE CONSULTATIONS

Not sure where to start? I am currently offering online consultations where we can meet and discuss your needs. Email me at [linda.paden@protonmail.com](mailto:linda.paden@protonmail.com) to schedule.

### SERVICES

New Client Consultations  
Online Pilates & Personal Training  
Virtual Energy Therapy  
Life Coaching with NLP Specialty

### CONTACT

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